

SUNDAY / DOMINGO

10:00AM Rise & Shine, Veterans Memorial Hall, , 60 Lake Road, Congers, NY, 10920 **(O,D,JT,BK)**

5:30PM Reawakening, Good Shepard Luthern Church, , 112 North Main Street, Pearl River, NY, 10965 **(O)**

MONDAY / LUNES

6:00PM Spark of Hope, Christ Episcopal Church, Parking lot on 5 New Street, 14 Union Street, Sparkill, NY, 10976 **(C,D,St,LC)**

7:30PM Back to Basics, Haverstraw Center, , 50 West Broad Street, Haverstraw, NY, 10927 **(O,B,NS)**

TUESDAY / MARTES

5:30PM Change or Die, Quaker Friends Building, , 60 Leber Rd, Blauvelt, NY, 10913 **(O,B,RF,WC)**

WEDNESDAY / MIÉRCOLES

8:00PM Starting Over, Grace Episcopal Church, , 130 1st Avenue, Nyack, NY, 10960 **(O)**

THURSDAY / JUEVES

7:30PM A New Way to Live, St. Thomas Aquinas College, , 125 Route 340, Orangeburg, NY, 10976 **(O,B,St)**

7:30PM Basic Text Study Group, Salvation Army Spring Valley Corps. Community Center, , 179 N. Main Street, Spring Valley, NY, 10977 **(C,BT,BK)**

FRIDAY / VIERNES

7:30PM The Choice is Ours, Grace Episcopal Church, Basement, Btwn N Franklin St & N Broadway, 130 First Ave, Nyack, NY, 10960 **(O,B,JT)**

SATURDAY / SÁBADO

10:00AM No Excuses, Veteran's Memorial Hall, @ Green St., 60 Lake Rd, Congers, NY, 10920 **(C,JT,Pi,BK)**

5:30PM The Way It Works, Foundations Recovery Community Center - RCADD, Back of building, 25 Smith Street, Suite 107, Nanuet, NY, 10954 **(O,IW,St,Tr,BK)**

7:30PM Staying Alive, Grace Episcopal Church, , 130 1st Avenue, Nyack, NY, 10960 **(O,B,CL,NS)**

VIRTUAL MEETINGS

Find virtual meetings at newyorkna.org/meetings

MEETING FORMAT LEGEND

B	(Beginners) This meeting is focused on the needs of new members of NA.
BT	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
C	(Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.
CL	(Candlelight) This meeting is held by candlelight.
D	(Discussion) This meeting invites participation by all attendees.
IW	(It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.
JT	(Just for Today) This meeting is focused on discussion of the Just For Today text.
O	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
Pi	(Pitch) This meeting has a format that consists of each person who shares picking the next person.
RF	(Rotating Format) This meeting has a format that changes for each meeting.
St	(Step) This meeting is focused on discussion of the Twelve Steps of NA.
Tr	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
WC	(Wheelchair) This meeting is wheelchair accessible.
BK	(Book Study) Approved N.A. Books
NS	(No Smoking) Smoking is not allowed at this meeting.
LC	(Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.

HELPLINES

Greater New York Regional Helpline	212-929-NANA (6262)
Eastern Long Island Area Helpline	631-689-NANA (6262)
Open Arms Area Helpline	1-800-498-5224
Greater New York Regional Service Office	212-929-7117

SERVICE MEETINGS

PHONE NUMBERS

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**



ROCKLAND AREA

MEETING LIST

APRIL 2026

Narcotics Anonymous is not affiliated with any of the facilities where our meetings are held. We list the facilities' names only to make it easier to find our meetings.

Meetings Weekly: 12